

# HOW TO SPIRITUALLY CLEANSE YOURSELF.

Aug 11, 2011 | By Barb Nefer

3 COMMENTS



43



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Rituals are a symbolic way to help you release old hurts and prepare for new goals. Everyone encounters negativity in life, including gossip, turmoil at work, breakups and other losses. They can block you spiritually if you allow them to build and gather power. By performing a spiritual cleansing, you can release these negatives and reclaim your power. A cleansing can act as the starting point for moving in a healthier direction.

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## Step 1

Take a bath to prepare yourself physically for the spiritual cleansing. Blogger Melissa Goerke recommends using bath salts in the water, as salt is traditionally considered to be a cleansing element. As you relax in the hot water, meditate on the specific areas of your life that need cleansing.

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## Step 2

Write down the aspects of your life that you wish to cleanse. Focus on items that contribute to negativity and keep you stuck. Include everything that needs to be released to clear your spirit.

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## Step 3

Meditate on the list of negatives you just created. Envision the negativity in your life dissolving, turning to dust and blowing away on the wind. If you have religious beliefs, you can pray to your deity or higher power during this process, asking for help with your cleansing. Otherwise, simply repeat a mantra such as, "I release all that is negative in my life. I release its power over me. I reclaim the power of my spirit."

## Step 4

Burn the list. You can ignite it with a candle, match or lighter, but do it in a safe place where there is no danger of starting a fire. The best spot is over a sink or bathtub. Put a plate in the bottom of the sink or tub to catch any ashes, which you can scatter outside.

## Step 5

Chant "I am purified by the flame. My spirit is cleansed and freed." as the paper burns. As you do this, imagine everything negative rising up from your spirit and vaporizing.

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## TIPS AND WARNINGS

- Goerke recommends following up your spiritual cleansing with a reminder to help you stay on a positive track. Put a bowl or vase of water in a visible place such as a windowsill. When you feel negativity trying to return, imagine it being drawn to the water and trapped in it. Empty and refill the water vessel each week, and picture negativity going down the drain along with the liquid.
- If you visit a psychic who says you have been cursed and offers to sell you a cleansing, beware. This is a common scam to get money out of you by scaring you. It is very unlikely that you have been cursed, and you don't need to pay anyone to perform a cleansing on your behalf. You are the only one with the power to remove negativity from your life.

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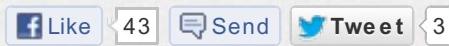
- Bath salts
- Candle, matches or lighter
- Bowl or vase (optional)

## REFERENCES

- Cleansing article
- Psychic scams

Article reviewed by OmahaTyppo Last updated on: Aug 11, 2011

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Bubble bath has just got a whole new meaning or should I say, "Everything old is new again." Folks of old have done this for ages.

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